

Policy Number: 8.1
Issuance of Supplemental Foods
Effective Date: October 1, 2012

Title: Issuance of Supplemental Foods

Purpose

Participants will receive approved foods for their category, age, special dietary needs, and food preparation/storage needs.

Authority

7 CFR 246.10

Policy

The Montana WIC Program specifies quantities and types of supplemental foods to be prescribed and issued to certified eligible participants through food packages. Tailored food packages are modified food packages designed to meet individual participant's nutrition needs.

I. Supplemental Food Categories

II. Milk and Milk Substitutes

A. Milk Issuance

1. Milk is not authorized for infants less than 12 months of age.
2. Whole milk is the only type of milk allowed for children less than two years of age.
3. Skim, low-fat (1%) and reduced-fat (2%) milks are the only types of milk allowed for women and children two years of age and older in a regular food package.
4. Whole milk may be issued to children two years of age and older and women receiving Food Package III with appropriate prescription and justification.

B. Cow's Milk

1. Fluid cow's milk is issued in gallons, half-gallons and quarts.
2. Evaporated cow's milk is issued in 12-ounce cans.
 - a. It is available in whole, low-fat and fat-free.
3. Powdered cow's milk is issued in 25.6 ounce boxes.
 - a. It is substituted at an equal reconstitution rate for fluid milk.
4. Organic cow's milk is issued in gallons, half-gallons and quarts.

- a. It may be issued at the request of the participant or parent/guardian.
 - b. It should be issued at the appropriate fat level for the age and category of the participant.
5. Acidophilus or Lactose-Reduced/Free milk is issued in half-gallons and quarts.
 - a. It may be issued at the CPA's discretion for symptoms of lactose intolerance – no medical documentation is required.
 - b. It should be issued at the appropriate fat level for the age and category of the participant.

C. Goat's Milk

1. Meyenberg goat's milk is issued in fresh fluid quarts or evaporated in 12 ounce cans.
2. Fresh fluid quarts are available in whole and low-fat (1%).
3. Canned evaporated goat's milk is made from whole goat's milk.
4. Goat's milk may be issued for intolerance to cow's milk.
5. Appropriate medical documentation is required to issue goat's milk for children. See Attachment [Medical Formula Request Form](#).
6. Medical documentation is not required to issue goat's milk to women.

D. Soy Beverage

1. Pacific Natural Foods Ultra Soy Beverage is issued in aseptic quarts.
2. 8th Continent Soymilk Beverage is issued in half-gallons.
3. Soy beverage may be issued for a milk allergy, lactose intolerance (which does not respond to lactose-free milk or when the lactose-free milk is not available in the appropriate fat content) or the following of a vegan diet.
4. Appropriate medical documentation is required to issue soy beverage for children. See Attachment Medical Formula Request Form.
5. Medical documentation is not required to issue soy beverage to women.

E. Cheese

1. Cheese may be substituted for milk
2. For children, 1 pound of cheese may be substituted for milk.

3. One pound of cheese may be substituted for milk for the following categories:
 - a. Pregnant women.
 - b. Postpartum women.
 - c. Substantially and partially breastfeeding women.
4. A pound of cheese is already a component of the food package, but a second pound of cheese may be substituted for milk for the following categories:
 - a. Fully breastfeeding women.
 - b. Substantially breastfeeding women of multiples.
 - c. Pregnant with multiples.
5. For women fully breastfeeding multiples, cheese will alternate between 1 and 2 pounds every other month.

III. Eggs

- A. Eggs are issued in 1 dozen containers of the large white AA or A grade.

IV. Whole Grain Choice

- A. Whole grains are issued as a 16 ounce whole grain choice.
- B. The participant may choose the approved whole grain choice at the store.
 1. 16 ounce loaf of whole grain bread.
 2. 16 ounce package of tortillas.
 3. 14-16 ounce boxes or bags of brown rice.

V. Juice

- A. Juice is issued in 64 ounce plastic bottles of single-strength fruit and tomato juice, 11.5-12 ounce cans of frozen concentrate and 46-48 ounce plastic bottles of single-strength fruit, vegetable and tomato juice.
- B. Children are issued 64 ounce plastic bottles to provide the full nutritional benefit.
- C. Women are issued juice in 11.5-12 ounce cans of frozen concentrate to provide the full nutritional benefit.

1. The language on the WIC benefit allows participants to make the decision to select either the 11.5-12 ounce cans of frozen concentrate or the 46-48 ounce plastic bottles at the store.

VI. Cereals

- A. The standard food package for children and women issues 36 ounces WIC approved cereal.
- B. Cold cereal is approved in 12 ounce boxes or larger.
- C. Hot wheat cereal is approved in 28-36 ounce boxes.
- D. Instant oatmeal is approved in 11-12 ounce packages.

VII. Peanut Butter and Legumes

- A. Peanut butter is issued in 16-18 ounce jars.
- B. Dry legumes are issued in 1 pound packages.
- C. Canned legumes are issued in 14-16 ounce cans.
- D. Canned legumes may be substituted for dry legumes at the rate of 64 ounces of canned legumes for 1 pound dry legumes.
- E. Children under two years of age will not be issued peanut butter due to increased risk of choking.
 1. They may be issued either canned or dry legumes.
- F. Partially breastfeeding and postpartum women and children two years of age and older will be offered the choice of peanut butter or legumes.
- G. Pregnant and fully and substantially breastfeeding women are offered both peanut butter and legumes currently on their food package.

VIII. Canned Fish

- A. Canned fish is issued as ounces of tuna and/or pink salmon.
- B. Canned light tuna is approved in 5-6 ounce cans.
- C. Canned pink salmon is approved in 5-6 ounce or 14.75 ounce cans.
- D. Canned fish is only issued in the food packages for fully breastfeeding women or women pregnant with multiples.

IX. Fruits and Vegetables

- A. Fresh fruits and fresh and/or frozen vegetables are issued in dollar amounts on the benefit.
- B. Children are issued the amount of \$6, women are issued the amount of \$10 and women fully breastfeeding multiples are issued the amount of \$15.

X. Infant Formulas

A. Contract Infant Formula

- 1. Montana WIC's current cost containment contract is with Abbott Nutrition for milk-based formulas and Mead-Johnson for soy-based formula.
 - a. Similac Advance, Similac Sensitive, and Similac for Spit-Up will be issued as the contract milk-based infant formulas.
 - b. Enfamil Prosobee will be issued as the contract soy-based infant formula.
- 2. Infants over 6 months of age cannot be issued contract formula in the specified 4-5 month amounts even with a prescription from the doctor stating to not issue foods at that time.

B. Non-Contract Infant Formula

- 1. All infant formulas not covered by the infant formula cost containment contract.
 - a. Non-contract standard formulas are not approved for issuance.

C. Formula issued in the standard food packages for infants is in the powdered form to reduce waste due to spoilage.

D. Concentrate formula may be issued at request of the parent/guardian.

E. Issuance of Ready-To-Feed formula will be documented in the participant's folder; continued issuance will be assessed and documented. Ready-to-Feed formula may be issued under the following circumstances:

- 1. There is an unsanitary or restricted water supply.
- 2. There is poor refrigeration.
- 3. The formula is available only in the ready-to-feed form.
- 4. The person caring for the infant may have difficulty in correctly preparing powdered or concentrate formula.

5. The Ready-To-Feed formula better accommodates the participant's condition, such as extreme prematurity or an immune-compromised condition.

XI. Infant Foods

- A. Infant Fruits and Vegetables are issued in 4 ounce jars.
 1. Infant vegetables and fruit are issued to infants older than 6 months of age and younger than 12 months of age.
- B. Infant Meats are issued in 2.5 ounce jars.
 1. Only fully breastfeeding infants older than 6 months of age and younger than 12 months of age are issued infant meats.
- C. Infant Cereal is issued in 8 and 16 ounce containers.
 1. Infant cereal is issued to infants older than 6 months of age.

XII. Tailored Food Packages

- A. A modified or "tailored" food package means a reduction in the standard food package size.
- B. A participant/guardian may request a reduction in the amount of foods provided so the food package issued will parallel, as closely as possible, the foods actually being purchased and used by the participant.
- C. Participants may be issued a tailored food package by the CPA after consideration of the participant's individual needs.
- D. Education will be provided to the participant/guardian concerning the recommended intake for the foods being reduced.
- E. Tailoring of a food package will be documented in the participant's folder.
 1. This documentation will include whether the package was tailored based on the CPA's judgment or at the request of the participant/guardian.